

ARE YOU AT RISK OF HAVING PREDIABETES?

Take the prediabetes screening test. Add your score and see where you stand.

Yes	No	
1	0	Are you a woman who has had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sibling with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?
5	0	Are you younger than 65 and get little or no exercise in a typical day?
5	0	Are you between 45 and 64 years of age?
9	0	Are you 65 years of age or older?

AT-RISK WEIGHT CHART

Height	Weight pounds	Height	Weight pounds
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

If your score is **3 to 8 points** - Low risk. Keep your risk low by eating healthy and exercising daily.

If your score is **9 or more points** - May be at high risk. Make an appointment with your doctor.

National Diabetes Prevention Program

Eat Healthier. Exercise more. Lose Weight

MedStar Franklin Square Medical Center

9000 Franklin Square Dr. Baltimore, MD 21237

(443) 777-7542

MedStar Good Samaritan Hospital

5601 Loch Raven Blvd.

Baltimore, MD 21239

(443) 444-4793

The Brancati Center for the Advancement of Community Care

2024 E. Monument Street, Room B-317

Baltimore, MD 21287

(410) 614-6441

University of Maryland Center for Diabetes & Endocrinology

827 Linden Ave. Second Floor Baltimore, MD 21201

(410) 328-8402

University of Maryland Medical Center

22 S. Greene St

Baltimore 21201

(410) 328-8402

Mercy Medical Center

250 N. Calvert Street

Baltimore, MD 21220

(410)-659-2833

Saint Agnes Hospital -Maryland Metabolic Institute

900 Caton Avenue, Baltimore, MD 21229

(667) 234-3244

For more information please contact
(410) 396-9931



Dr. Leana Wen
Health Commissioner